



Spicy Pork Stir-fry with mushrooms and peas

Calorie Smart Quick Cook 20-25 mins • Spicy

12



Pork Mince



Garlic



Chives



Mushrooms



Udon Noodles



Peas



Gochujang Paste



Asian Stir-fry Sauce

Pantry Items: Water, Salt, Oil, Pepper



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, sieve

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Garlic	1 unit	2 units
Chives	5 g	10 g
Mushrooms	150 g	250 g
Udon Noodles	300 g	600 g
Peas	1 unit	2 units
Gochujang Paste	1 sachet	2 sachets
Asian Stir-fry Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	515 g	100 g
Energy (kJ/kcal)	2707 kJ/ 647 kcal	526 kJ/ 126 kcal
Fat (g)	17.6 g	3.2 g
Sat. Fat (g)	5.8 g	1.1 g
Carbohydrate (g)	85.3 g	15.7 g
Sugars (g)	31.9 g	5.9 g
Protein (g)	39.7 g	7.3 g
Salt (g)	4.3 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

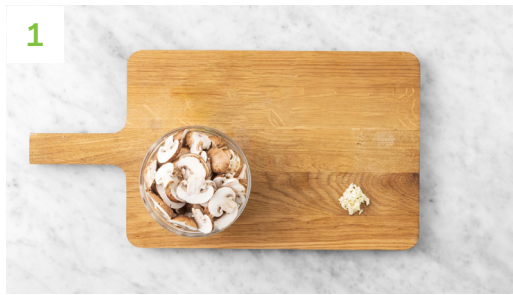
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Get Prepped

- Boil a large pot of **salted water** for the **noodles**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **chives**.
- Roughly chop the **mushrooms**.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Cook the Noodles

- Once the **water** is boiling, add the **noodles** and cook until warmed through, 1-2 mins.
- Once cooked, drain in a sieve and pop back in the pot, off the heat.
- Stir through a drizzle of **oil** to prevent sticking.



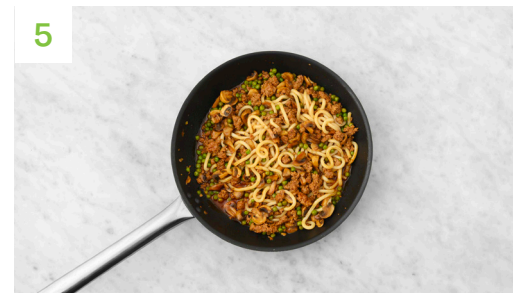
Fry the Mushrooms

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **mushrooms** and stir-fry until starting to brown, 3-4 mins.



Add the Mince

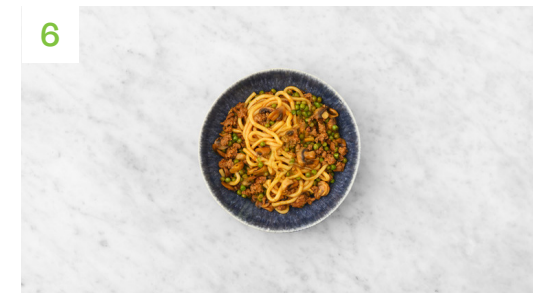
- Add the **pork mince** to the **mushrooms** and cook until browned on the outside, 5-6 mins.
- Use a spoon to break up the **pork** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



Stir in the Sauce

- Add the **garlic** and cook until fragrant, 1-2 mins.
- Stir in the **peas, gochujang, Asian sauce** and 100ml **water** (double for 4p).
- Season to taste with **salt** and **pepper**. Add a splash more **water** if you feel the sauce is too thick.
- Add the **noodles** to the pan.
- Stir together and cook until everything is piping hot, 1-2 mins.

TIP: *The gochujang is spicy! You might want to add a little at a time, tasting as you go.*



Garnish and Serve

- When everything is ready, divide your spicy **pork noodles** between bowls.
- Scatter the sliced **chives** over the top.

Enjoy!